

# KENTUCKY STATE PARKS RACE SERIES

## 5K "GET FIT" WALK!



Don't feel like running? How about walking? The Kentucky State Parks Race Series has added a new feature for 2009, fun "Get Fit" walks! Help make Kentucky and yourself healthier. Please check the appropriate box labeled "walk" on the registration form of the race of your choice. If you decide to walk at each of the races, fill in the "Kentucky State Parks Race Series" registration section and mark the box labeled "Walk".

Participants in the fun walks will be eligible for door prizes and will receive a race t-shirt and certificate of participation. T-shirts are guaranteed for pre-registered walkers and are available for day of race registrants as supplies last. Walkers will not be eligible for race awards. Refreshments are also available for walkers. Strollers, children of all ages and pets on a leash are all welcome! Kentucky State Parks offers some of the best scenery Kentucky has to offer! So let's "Get Fit" and moving this spring and summer in our beautiful state parks!